



# UPHORIA @HOME REFERENCE GUIDE

## INSTRUCTIONS FOR USE

Be sure to brush and floss your teeth before using uPhoria @Home.

- 1. Rinse with Accelerator Rinse™:** Use 1 tablespoon of the Accelerator Rinse™, or enough to coat the front teeth when swishing. Rinse for 10 seconds, making sure to swish around your front teeth.
- 2. Brush with Whitening Serum™:** Shake the closed serum bottle for 3-5 seconds, then remove the cap and gently squeeze the bottle to release the serum onto the brush. Focusing on your “smile teeth”, the front six teeth on the top and bottom rows of your mouth, apply the serum to one tooth at a time. Make sure to release more serum as-needed to liberally cover each tooth and try to avoid getting the serum on your gums, lips or tongue. Allow 30 seconds for the serum to dry on your teeth before allowing your lips or tongue to touch your teeth.
- 3. Allow Whitening Process to Occur:** Wait 10 minutes for the serum to fight stains and whiten teeth.
- 4. Repeat:** Repeat steps 1-3 in the morning and at night for 3 Days. With uPhoria @Home, you have the flexibility to whiten on your schedule:

**3 Day Schedule:** Complete 4 treatments per day, such as 2 in the morning and 2 in the evening.

**Full Week Schedule:** Complete 1 treatment in the morning and 1 in the evening for 6 days.

## FREQUENTLY ASKED QUESTIONS

### How does uPhoria @Home work?

The Accelerator Rinse™ moderates the mouth's pH balance to prepare teeth for the whitening process. The application of the Whitening Serum™ allows for active peroxide, the same whitening ingredient used by dentists, to begin whitening surface and deep stains on your teeth.

### Do I have to use the Accelerator Rinse™ in between every treatment?

The Accelerator Rinse™ is necessary between cycles to remove the old layer of Whitening Serum™. Because the Correct Whitening Serum™ becomes inactive after sitting on your teeth for 10 minutes, you'll want to remove it to re-apply a new layer of active Correct Whitening Serum™ for the next cycle.

### How quickly will I see results?

We recommend you complete 2x in AM and 2x in PM for 3 days for a full whitening experience.

### Do I have to do all the applications at one time?

No. uPhoria @Home is designed to be convenient. You can do as little as 1 treatment a day. Just be sure to complete all 12 treatments for complete whitening results.

### Is uPhoria @Home safe on my teeth and dental work?

uPhoria @Home is clinically proven to be enamel safe. While uPhoria @Home is completely safe for dental restorations like crowns, caps and veneers, it will only whiten natural teeth. Your dental work will not whiten with uPhoria @Home.

### How much Whitening Serum™ do I use, and is it safe to reuse?

You should liberally apply the Whitening Serum™ to your teeth to ensure full coverage. Because the Whitening Serum™ contains anti-microbial ingredients, it will kill germs on the brush and is safe to reuse. However, we do not recommend sharing the Whitening Serum™.

## WARNINGS & CAUTIONS

If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult a dentist. • Products containing peroxides are not recommended for use by children under 12 years of age. Use for periods of longer than 14 days only under the supervision of a dentist. • Avoid contact of the Accelerator Rinse™ and Whitening Serum™ with the eye and direct contact of the Whitening Serum™ with the gums and/or salivary flow.

Do not swallow the cosmetic or part thereof. Do not use this product if you are allergic to any of the ingredients, or if any of the medications you are taking could react with these ingredients. If in doubt about allergic reactions, check with your dental professional or physician. • If you are pregnant, do not use this product without first consulting your doctor. • Avoid spilling the Whitening Serum™ on fabric, clothing, or furniture as it may discolor them. • Store the Whitening Serum™ and Accelerator Rinse™ in a cool place away from heat.